

## **EAST ZONE SILVER CLINIC: JANUARY 22+23, 2011**

**Place: Pennsbury High School -215-949-6762(pool)  
705 Hood Boulevard, Fairless Hills, Pa 19030**

**Who: Saturday: 11-12 year olds and beginning 13-15 year olds  
Sunday: 13-15 and 16-17 not eligible for Lake Placid or gold clinics.**

**Time: Saturday: 10:00AM -5:00PM  
Sunday: 9:00AM to 4:00PM**

**Price: \$75.00 per swimmer clinic includes lunch  
\$30.00 per coach watching with lunch**

**Coordinator: Betty Hess 215-547-7974 bettyhess@verizon .net  
Checks payable to Pennsbury Falconettes**

**Clinicians: Becky Dyroen Lancer and Natalie Bartelson both 1996 OLYMPIC  
GOLD MEDALISTS!**

**Deadline for entry: January 10, 2011 to Betty Hess**

**Equipment needed: 2 dry swim suits, sweat suit, 2 towels (1to dry and 1 for  
workouts)**

**SIDEBAR: If there is an interest we can run a CPR and First Aid challenge courses  
to aid in coaching certification. Time: Saturday evening. Judging-update? A fee will  
have to be assessed to obtain ARC Cards.**

**Hotels : Holiday Inn Express Langhorne =\$75.00 per night-indicate synchro or  
Pennsbury Falconettes  
Courtyard by Marriott-Langhorne=\$79.00 per night indicate as above  
Residence Inn-Langhorne=\$99.00 per night**